

You are invited to attend...

Operation Welcome Home Workshop



With over 850 National Guard Troops returning from active duty over the next two months, Governor John Lynch has officially launched **Operation Welcome Home**, an effort to assist military personnel, and their families, as they return to civilian life in New Hampshire. As part of this effort, we are holding a workshop designed to assist members of the community in understanding issues of deployment in a war theatre and possible issues involved as military personnel transition back into community life.

This workshop is designed for the *natural helpers* in our communities, i.e.: school personnel, clergy, law enforcement, behavioral health professionals, healthcare professionals and child care providers. This *free* workshop will be held in three locations throughout the State during March.

Workshop

1:00 p.m. Introductions and Opening Remarks

Paul Deignan, Disaster Behavioral Health Coordinator Bureau of Emergency Management, NH Department of Safety
Brigadier General Kenneth R. Clark, Adjutant General, New Hampshire National Guard
Robert Zahn, M.D., New Hampshire National Guard Medical Commander

1:30 p.m. Transforming Our Understanding of Post-Traumatic Stress Disorder (PTSD): From Survival Skills to Psychological Symptoms

Mark Gilbertson, Ph.D., Clinical Psychologist, Manchester VA Medical Center

2:15 p.m. Break

2:30 p.m. Discussion Groups

Participants will be assigned to small groups to discuss such issues as:

The Impact of Trauma Across the Life Span
Readjustment Issues
Post-Deployment Red Flags
Self-care Strategies/Managing Stress
Building Resiliency During Homecoming
Available Resources



Operation Welcome Home

4:00 p.m. Wrap-Up/Closing Remarks

Dates and Locations

March 7, 2005	Manchester Public Health Department, 1528 Elm Street, Manchester, NH
March 10, 2005	Samuel Adams Building, Plymouth State University, Plymouth, NH
March 14, 2005	St. Nicholas Church, 40 Andrew Jarvis Dr., Portsmouth, NH



To Register (No Cost)

To register for this free workshop, email or call Janice Southwick
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603-271-5133 or 800-852-3345 ext. 5133